

Northampton Aquatic & Family Center

at JFK Middle School, 100 Bridge Road, Florence, MA 01062

American Red Cross Swim Lessons

Summer 2018 Session VI

The Aquatic and Family Center offers swim lessons to all ages and abilities.

Our lessons include Parent and Child, Preschool and Levels 1-6.

We offer lessons from beginners through advanced swimmers.

Classes are 30 minutes in length. We also offer private lessons.

Thursday: June 7– July 12 (6 classes)

Pre - Level 3:55 - 4:25 pm Level 1& 2 4:25 - 4:55 pm Level 3& 4 4:55 - 5:25 pm Level 5& 6 5:25 - 5:55 pm

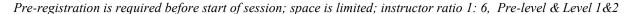
Saturday: June 9– July 14 (6 classes)

Parent & Child 9:30 - 10:00 am
Pre - Level 10:00 - 10:30 am
Level 1& 2 10:30 - 11:00 am
Level 3& 4 11:00 - 11:30 am

\$33 / \$45 / \$55

3& 4 11:00 - 11:30 8

Fees listed in the order off Member / Resident / Non-Resident



Class Descriptions:

Parent/Child: Ages 1-5 with parent, emphasis on fun, covers a variety of skills and activities

Pre– Level: Ages 3-5, a variety of swimming and safety skills covered

(Suggested Ages 5 and up)

Level 1: Beginner independence in the water; Intro to breath control and Front Crawl Level 2: Refine Front Crawl; Intro to Elementary Backstroke and rotary breathing

Level 3: Develop Front Crawl and Elementary Backstroke; Intro to Side Stroke, Breast Stroke, and Back Stroke

Level 4: Perfect Front Crawl, Back Crawl, Elementary Back Stroke; Refine Side Stroke, Breast Stroke

(Suggested Ages 6 and up)

Level 5: Develop Breast Stroke, Side Stroke; Intro to Butterfly and Diving: Build endurance with pervious strokes Level 6: Intro to competitive techniques and Strength Training; Flip Turns & Starts, Diving & Stroke Critique

Registrations accepted at the AFC at JFK Middle School, 100 Bridge Rd., Florence, MA Mon-Fri 4:00-8:00pm & Sat. 10:00am-5:00pm and Sun. 11:00am-4:00pm, 413-587-1046

Northampton Parks and Recreation Department, 100A Bridge Road, Florence, MA 01062 Mon-Fri 8:30 am-4:30 pm 413-587-1040

www.northamptonma.gov/recreation recreation@northamptonma.gov

NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM

DO NOT USE this form for Summer Day Camps, Youth & Adult Sports, or Birthday Party registrations: Download those packets at www.northamptonma.gov/recreation New to Northampton I have updated my PLEASE PRINT LEGIBLY Today's Date: / / Parks & Recreation Information ADULT 1 ADULT 2 Name Name Address Address City St Zip City _____ St___ Zip____ Phone: (H) (____)____(W) (____)____ Phone: (H) (____) ____ (W) (____)___ Email: Email: EMERGENCY CONTACT OTHER THAN PARENT Photo Release: May Northampton Parks & Recreation Department use photos of you or your family members for brochure, website, promotional use? Yes No Phone (____)_____ PARTICIPANT'S FULL NAME: Male Female Current Grade or Grade in Fall for Date of Birth School programs after June Program Name Non-Res Fee Session Day(s) Level Start Date Basic Fee **Total Fee** \$ TOTAL FEE FOR PARTICIPANT Male Female PARTICIPANT'S FULL NAME: Current Grade _____ or Date of Birth _____ School ____ Grade in Fall for programs after June **Program Name** Session Dav(s) Level **Start Date Basic Fee** Non-Res Fee **Total Fee** \$ TOTAL FEE FOR PARTICIPANT | \$ PASS PURCHASE **Pass** Pass Length Pass Type Fee Aquatic Center Res: Adult Family Senior Youth 6 Month 12 Month **TOTAL** Musante Beach Non-Res Adult Family Senior Youth Beach Pass **AMOUNT DUE** Pass Holder's Name(s) Male/Female DOB Pass/Tag# Issued Special Considerations/Comments (Use back if necessary) Male/Female Male/Female Male/Female Male/Female Male/Female Charge my VISA Master Card Discover Card # Expiration Name on Card Signature Office Use Only: Amt Rec'd \$ Cash Check # Credit RT Date _____ Date Staff Amt Rec'd \$ Cash Check # Credit Date RT Date